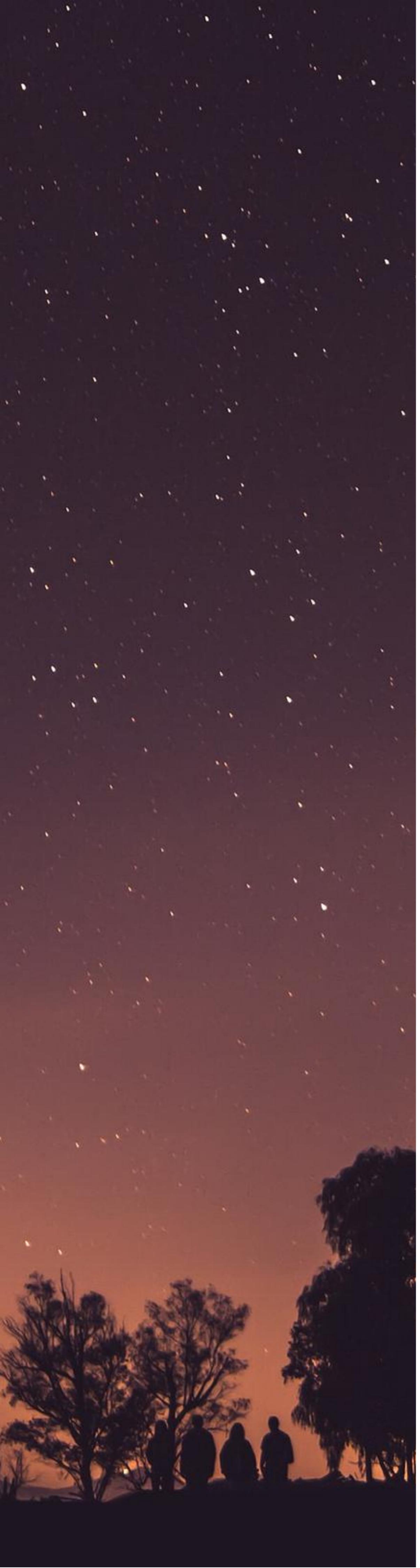


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MINDFULNESS

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YOUR MINDFULNESS WORKBOOK.

For the next five minutes, I want you to close your eyes and find peace and calm. At the end of 5 minutes,

Please fill the space below with the thoughts that ran through your mind when you were trying to find peace.

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Mindfulness is the act of being consciously aware of all thoughts and acts compassion, curiosity, acceptance and openness.

Awareness: Is the conscious appreciation of your state of mind. Does your emotion have a position, colour or shape? Without awareness, your emotional response is automatic and distressing.

Compassion: Helps you in understanding that you're feeling a certain emotion. Being nice to yourself is of prime importance.

Curiosity: Why do you feel this way? What happens to your emotion with your breathing? Does it reduce with every breath?

Acceptance: Helps you process an emotion. 'The feeling is already here . . . it's okay . . . let it be.' Also try feeling your breathing and the emotion together.

Openness: Helps in modifying your perspective. What do you think as a passive observer? Are my thoughts real or are they fears?

In the coming pages, we are going to learn to be more mindful, thereby making us more perceptive and less automatic.

**You can practise
mindfulness
anywhere.
Mindfulness
meditation is an
activity where you
make time
deliberately and
consciously for
cultivating
mindfulness**

Rajesh is your typical millennial, he is married and has two wonderful children. He has a stable job and wonderful friends. Yet he finds it difficult to calm down, he always worries about the future and is always restless when he has nothing to do. Anxiety has been his problem for a long time . . . Will the meeting go well ? . . . Have i done enough ?? . . . How am i going to buy that big house?? . . . What am i doing with my career ? . . . Is my wife happy ?? . . . How do i fix all this ?? . . . Can i fix all this ??

Every question was followed by even more questions. If the meeting bombs, will i be fired? . . . If i am fired how i pay my rent ?? . . . What about the kids ?? . . . And the new house ?? . . . Grr, lifes so stressful!

Rajesh is in what is called a "doing mode", something that all of us do predominantly !

Doing modes are characterized by thoughts about the past or future, constant trying to fix things, habitual thoughts and behavior, avoidance of difficult thoughts and the blind belief that every thought we have is real .

The problem becomes obvious now, planning the future based on thoughts that may not be true is obviously not the optimal way to lead life, yet we do this all the time!

Rajesh realized that his anxiety stemmed from trying to prepare himself for all possible outcomes of any particular event. He began being aware of what was happening around him and was able to make solid well directed decisions.

Rajesh slowly understood that past was over and the future was yet to come. The only second he was actually alive, was this one ! Over a few weeks, he switched to what we can call a "being mode".

In the "being mode", we live in the current moment, seeing and appreciating thoughts, feelings and experiences allowing us to question difficult thoughts and act purposefully and consciously.

GETTING THE BASICS RIGHT

ACCEPTANCE - OPENNESS - CURIOSITY

Acceptance: One of the most important and misinterpreted attitudes in mindfulness, acceptance is not a passive approval of ones state. It is active acknowledgement. Lets say you need to get to office from home. Before you can get to your office, u need to accept that you are currently at home. If you dont accept you are at home, you are bound to get lost. You may pretend that your office was next door, or deny that you were at home, but that way you are never going to get there. The same goes with emotions, feeling and attitudes. Only when you accept that you are feeling sad, or angry will there be any sense in finding a way out of it.

Openness: Looking at the bigger picture, step back from a distressing emotion and watch it go by. Like a cloud on a clear sky. There is no sense in believing every thought that arise to be true. You dont have to react to every thought. Instead of suppressing a difficult feeling or emotion, let it go by, watch it as an objective observer.

Curiosity: Mindfulness comes naturally for children because they're naturally questioning things. Being more curious about the world around you immediately makes you more mindful. Instead of behaving habitually/automatically, and experiencing life as blur, you will begin to appreciate life and enjoy the beauty of it all!

GETTING THE BASICS RIGHT

COMPASSION

Compassion: Kindness to yourself is the key here. When practicing mindfulness, you learn to be nice to yourself. Whenever you notice yourself judging yourself or your emotions in a harsh way, you are to be aware of this process and let the judgement go. Treat yourself like your best friend, console yourself as you are going through difficult feelings.

Mindfulness is all about being here and now - the present moment, the only moment that we are actually alive.

Quoting Oogway from Kung Fu Panda

"... You are too concerned about what was and what will be. There is a saying: yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present. "





QUESTIONING IMPATIENCE

We are always in a hurry, rushing from home to work, rushing to get work done, rushing to get back home, rushing to cook, rushing to clean, rushing to socialize and in all this rush life becomes nothing but a blur !

The next time you feel restless or impatient ,I want you to be aware and curious. Ask yourself why you are rushing at that precise moment. More often than not, that question might not have an exact answer.Dwell on that moment for a few seconds and move on.

After all, it is only in that one moment are we truly alive!

Being on a tight schedule or multitasking can lead to impatience. Consider reducing your work load, delegating some of your tasks and just saying no more often when people ask for help. Being too busy is synonymous with impatience.

Identify triggers that get you feeling impatient in your life. Make a list of them on the last few pages of this book. Now reflect on why these situations make you feel impatient.

What's the underlying cause of the feeling?

Perhaps you keep thinking 'I must do more' or 'I'm being lazy'. Let go of those underlying thoughts and experience some freedom from the feeling of impatience. Who says you have to be busy all the time? You don't.



This week, we will learn to be more perceptive. The simplest way to practice mindfulness and calm your mind is to connect with your senses.

Make sure you will not be disturbed for as long as you do this. Sit or lie down comfortably.

1) Breathe in slowly through your nose and out your mouth allowing your lungs to completely fill and empty as do so.

2) Notice five objects around you, their color, shape, texture and all the intricate details on them. Appreciate each and every detail.

3) Close your eyes now.

4) Notice and recognize 5 different sounds around you, what is their source? Listen intently to each sound for as long as you like.

5) Repeat the same with smell and touch, you can stop when you feel like you are done.

Repeat this exercise, twice daily for the next one week. There are no specific rules or timelines but avoid doing this within 30 minutes of a meal or when you are in a hurry.

Record your experience in the next page.

Record

Sight

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7



Sound

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7



Scent

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7



Touch

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7

Week 1



WEEK 2

ACCEPTANCE

This exercise helps you accept a situation, circumstance or sensation that you just can't change.

1) When you are faced with a distressing thought, write them down. For eg, I am feeling angry.

2) Repeat to yourself, the distressing thought or emotion. eg Yes, I am angry.

3) Close your eyes and try locating the emotion in your body, which part of your body is tense ? Does the emotion have a color ? How big is it? eg. I feel my shoulder is tight when i am angry, i can imagine it is red and covering my entire shoulder.

4) Observe your emotion, how fast is your heart beating ? Does it change with deep breathing ? Does relaxing my shoulder help?

5) Deepen your curiosity, why am i experiencing this emotion ? Have i felt it before? why? Are these thoughts and emotions real ?

6) Accept the emotion as your own, it is your body and your mind that you have control over. You are angry and being angry feels like this.

7) Recognize the emotion, greet it with curiosity. Try replacing it with something more acceptable. Try reducing the size of the emotion you are feeling, try relaxing the part of you that is tense.

Record your experience here

Continue moving your awareness up your body in this way: upper legs, hips and pelvis, lower torso, upper torso, upper arms, lower arms, shoulders, neck, head. 'Feel' each body part for one full breath cycle (in and out). eg . Today i felt anxious about my presentation, as i closed my eyes i felt by anxiety as a tightness around my chest, like a heavy object on my chest. My heart was beating really fast however it was slightly slowing down during my out breaths. I was really afraid that people might make fun of my presenting skills and ask me questions i do not know the answer to. But possibly, i might actually do very well and people might applaud me ! I tried slowing down my breath and my heart rate! now know that i felt anxious and i know why I felt that way, all i can do is to give it my best in this current moment. And that is what i shall do.

Day 1

Day 2

Day 3

Record your experience here

Day 4

Day 5

Day 6

Day 7



We have learnt to be mindful of our senses and our thoughts. This week, we will learn to be more mindful of our body.

Make sure you will not be disturbed for as long as you do this. Sit or lie down comfortably.

1)Breathe in slowly through your nose and out your mouth allowing your lungs to completely fill and empty as do so,be aware of every breath.

2) Notice the sensations in your feet during one full in-and-out breath. eg . Can you feel the cold floor or the warm carpet, dwell in the feeling, are my feet tense, any pain ?

3) Continue moving your awareness up your body -lower legs, upper legs, hips and pelvis, lower torso, upper torso, upper arms, lower arms, shoulders, neck, head. 'Feel' each body part for five full breath cycles (in and out).

4)You may notice intruding thoughts, acknowledge with a smile and bring your attention back to the body.

Once you are done, be aware of the body as a whole, as one unit. Continue for 5 breath cycles and slowly open your eyes. Repeat everyday for the next 7 days.

Record your experience here

eg . As i was lying down on the bed, i could feel my foot gently resting on a pillow, i could feel the breeze from the fan on my toes, my foot was completely relaxed with each out breath. There was no pain or tension. . . . Continue for the rest of the body.

Record your experience here



Applying Mindfulness.

We are now going to begin applying mindfulness to our daily lives.

1) I want you to be mindful of your senses, throughout the time you are awake.

2) Be aware of what is around you, be inquisitive and curious, notice the sights and sounds around you. Appreciate colors, sounds and smells.

3) Be aware of every emotion, be compassionate toward yourself. Dig deeper, why does the emotion choose to arise at this moment?

4) Be thankful for you have, cherish the happy moments, appreciate the beauty of all life.

5) Be aware of your body, relax those tense eyebrows, relax your shoulders, wear a constant smile.





REMEMBER
WHY YOU
STARTED

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